

JANUARY 2011

BAY COUNTY DIVISION ON AGING

HDM/MEAL SITE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
(3) BEEF POT ROAST BAKED POTATO (3) STEWED TOMATOES (1) WHOLE WHEAT BREAD w/OLEO (1) PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)	(4) SLICED TURKEY MASHED POTATOES (1) w/TURKEY GRAVY WHOLE KERNEL CORN (1) WHOLE WHEAT BREAD w/OLEO (1) SLICED PEACHES (1) FAT-FREE MILK (1)	(5) COD FILET SANDWICH (1) ON A WHOLE WHEAT BUN (2) HERB BAKED POTATOES (1) CREAMY COLESLAW (1) FRUIT (2) FAT-FREE MILK (1)	(6) DUTCH CHICKEN DUTCH POTATOES (1) WINTER BLEND VEGETABLES WHOLE WHEAT BREAD w/OLEO (1) PEACHES 'N' CREAM CAKE (3) FAT-FREE MILK (1)
(10) OVEN-BAKED CHICKEN RED SKIN POTATOES w/ONION CALIFORNIA BLEND VEGETABLES WHOLE WHEAT BREAD w/OLEO (1) DICED PEARS (1) FAT-FREE MILK (1)	(11) HOMEMADE GOULASH (2) SLICED CARROTS TOSSED SALAD & DRESSING GARLIC BREAD (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)	(12) CHICKEN TENDERS BAKED POTATO (3) GREEN PEAS WHOLE WHEAT BREAD w/OLEO (1) BITE-SIZE PEACHES (1) FAT-FREE MILK (1)	(13) PORK CHOP w/MUSHROOM GRAVY MASHED POTATOES SPINACH WHOLE WHEAT BREAD w/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)
(17) MARTIN LUTHER KING DAY ALL OFFICES & MEAL SITES WILL BE CLOSED	(18) BAKED PORK CHOP CANDIED SWEET POTATO (3) CAULIFLOWER WHOLE WHEAT BREAD w/OLEO (1) PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)	(19) HOMEMADE CHILI (2) SALTINE CRACKERS (1) BAKED POTATO (3) STEAMED BROCCOLI FRUIT (2) FAT-FREE MILK (1)	(20) SLICED HAM RED SKIN POTATOES (2) GREEN BEANS WHOLE WHEAT BREAD w/OLEO (1) FRUIT COCKTAIL CAKE (3) FAT-FREE MILK (1)
(24) LEMON PEPPER TILAPIA (1) BAKED POTATO (3) SLICED CARROTS WHOLE WHEAT BREAD w/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(25) HUNGARIAN PORK CHOP MASHED POTATOES (1) MIXED VEGETABLES WHOLE WHEAT BREAD w/OLEO (1) PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)	(26) CABBAGE CASSEROLE (2) WHOLE KERNEL CORN (1) GARLIC BREAD STRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)	(27) ROAST BEEF & AuJUS MASHED POTATOES w/BEEF GRAVY (2) GREEN BEANS WHOLE WHEAT BREAD w/OLEO (1) OATMEAL RAISIN COOKIE (2) FAT-FREE MILK (1)

SALAD/SANDWICH MENU**JANUARY 2011**

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
<p>(WEEK OF 1-3 THRU 1-6-10) <u>SWEET & SOUR CHICKEN SALAD</u> ALL WHITE MEAT CHICKEN ON A BED OF CHOPPED ROMAINE LETTUCE WITH TOASTED SESAME SEEDS & ALMONDS WITH RED ONION, TOMATO, CHINESE NOODLES, AND SWEET & SOUR DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK</p>	<p><u>SMOKED HAM & SWISS ON RYE</u> SMOKED HAM WITH SWISS CHEESE ON RYE BREAD WITH RED ONION, TOMATO, ROMAINE LETTUCE, BABY CARROTS, CUCUMBER SPEARS, AND DIJON MUSTARD DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK</p>
<p>(WEEK OF 1-10 THRU 1-13-10) <u>GREEK SALAD</u> ROMAINE LETTUCE, TOMATO, GREEN PEPPER, RED ONION, CUCUMBER, BLACK OLIVES, AND FETA CHEESE WITH GREEK DRESSING COTTAGE CHEESE MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK</p>	<p><u>TURKEY & SWISS WRAP</u> SHAVED TURKEY & SWISS CHEESE ON WHOLE WHEAT FLATBREAD WITH RED ONION, TOMATO, ROMAINE LETTUCE, CUCUMBER, BABY CARROTS, AND RANCH DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK</p>
<p>(WEEK OF 1-17 THRU 1-20-10) <u>CAESAR SALAD</u> CAESAR SALAD WITH BAKED CHICKEN, ROMAINE LETTUCE, TOMATO WEDGES, CHEESE, CROUTONS, AND MARZETTI CAESAR DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK</p>	<p><u>HOMEMADE MEATLOAF SANDWICH</u> HOMEMADE MEATLOAF PLACED ON RYE BREAD WITH AMERICAN CHEESE, ROMAINE LETTUCE, RED ONION, CUCUMBER SPEARS, AND BABY CARROTS SERVED w/HONEY MUSTARD DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK</p>
<p>(WEEK OF 1-24 THRU 1-27-10) <u>CHEF SALAD</u> TURKEY AND SMOKED HAM STRIPS WITH CHEDDAR CHEESE, EGG, RED ONION, TOMATO, AND CROUTONS ON CHOPPED ROMAINE LETTUCE WITH MARZETTI BUTTERMILK DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK</p>	<p><u>TUNA SALAD WRAP</u> CREAMY TUNA SALAD PLACED ON A WHOLE WHEAT WRAP WITH ROMAINE LETTUCE, RED ONION, AND SLICED TOMATO SERVED WITH RANCH DRESSING, CUCUMBER SPEARS, AND BABY CARROTS DESSERT/FRUIT OF THE DAY FAT-FREE MILK</p>

JANUARY 2011
BAY COUNTY DIVISION ON AGING
HAMPTON EVENING MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(3) CRISPY CHICKEN BREAST (1) DICED RED SKIN POTATOES SPINACH WHOLE WHEAT BREAD w/OLEO (1) PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)	(4) BEEF POT ROAST SCALLOP POTATOES (1) GREEN BEANS WHOLE WHEAT BREAD w/OLEO (1) FRESH FRUIT (2) FAT-FREE MILK (1)	(5) HOT DOG w/CONEY SAUCE ON WHOLE WHEAT BUN (1) HOMESTYLE FRIES (1) EUROPEAN BLEND VEGETABLES HAWAIIAN FRUIT (1) FAT-FREE MILK (1)	(6) SLICED ROAST PORK LOIN MASHED POTATOES w/GRAVY MIXED VEGETABLES MULTI-GRAIN DINNER ROLL & OLEO (2) BANANA NUT CAKE (3) FAT-FREE MILK (1)	(7) HAND CUT BEEF TIPS OVER EGG NOODLES (1) STEAMED BROCCOLI VINEGAR COLESLAW (1) WHOLE WHEAT BREAD w/OLEO CHUNKY APPLESAUCE (1) FAT-FREE MILK (1)
(10) SWISS STEAK MASHED POTATOES (1) CORN (1) WHOLE WHEAT BREAD w/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(11) HAM w/PINEAPPLE SAUCE SWEET POTATO (3) WAX BEANS MULTI-GRAIN DINNER ROLL & OLEO (1) LEMON PINEAPPLE JELLO (1) FAT-FREE MILK (1)	(12) SPAGHETTI WITH HOMEMADE MEAT SAUCE (2) SLICED CARROTS TOSSED SALAD & DRESSING GARLIC BREAD (1) SLICED PEARS (1) FAT-FREE MILK (1)	(13) HONEY-MUSTARD CHICKEN BAKED POTATO (3) GREEN PEAS WHOLE WHEAT BREAD w/OLEO (1) WHITE CAKE w/FROSTING (3) FAT-FREE MILK (1)	(14) TURKEY POT ROAST MASHED POTATOES w/TURKEY GRAVY (2) WINTER BLEND VEGETABLES WHOLE WHEAT BREAD w/OLEO FRUIT (2) FAT-FREE MILK (1)
(17) MARTIN LUTHER KING DAY ALL OFFICES & MEAL SITES WILL BE CLOSED	(18) CHICKEN w/TARRAGON GRAVY OVER BROWN RICE (1) ITALIAN BEANS TOSSED SALAD & DRESSING WHOLE WHEAT BREAD/OLEO LEMON PUDDING CAKE (3) FAT-FREE MILK (1)	(19) SWEDISH MEATBALLS OVER EGG NOODLES (2) GREEN BEANS MARINATED CARROTS (1) MULTI-GRAIN DINNER ROLL FRUIT COCKTAIL (1) FAT-FREE MILK (1)	(20) BROCCOLI/CHICKEN CASSEROLE (1) BAKED POTATO (3) BISCUIT & OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(21) HOMEMADE MEATLOAF (1) MASHED POTATOES w/GRAVY CALIFORNIA BLEND VEGGIES WHOLE WHEAT BREAD w/OLEO PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)
(24) OVEN BAKED BBQ CHICKEN OVEN BROWNED POTATOES WHOLE KERNEL CORN (1) WHOLE WHEAT BREAD w/OLEO (1) APPLESAUCE (1) FAT-FREE MILK (1)	(25) TUNA NOODLE CASSEROLE (2) EUROPEAN BLEND VEGGIES VINEGAR COLESLAW (1) WHOLE WHEAT BREAD w/OLEO (1) CHOCOLATE CAKE (3) FAT-FREE MILK (1)	(26) SLICED ROAST PORK LOIN MASHED POTATOES w/GRAVY GREEN PEAS MULTI-GRAIN DINNER ROLL PEAR JELLO w/WHIPPED TOPPING (1) FAT-FREE MILK (1)	(27) SALISBURY STEAK (1) MASHED POTATOES (1) SLICED CARROTS WHOLE WHEAT BREAD w/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(28) CHICKEN PARMESAN OVER SPAGHETTI NOODLES (1) ITALIAN BLEND VEGETABLES TOSSED SALAD & DRESSING GARLIC BREAD (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)

**RIVERSIDE FRIENDSHIP CENTER
ONLY**

JANUARY 2011

(7)
SPANISH RICE (2)
BROCCOLI
CARROT RAISIN SALAD (1)
MULTI-GRAIN DINNER ROLL & OLEO (2)
MIXED FRUIT CUP (1)
FAT-FREE MILK (1)

(14)
HEARTY BEAN SOUP (3)
SALTINE CRACKERS (1)
APPLE (1)
GINGER PEAR CAKE (3)
FAT-FREE MILK (1)

(21)
CHICKEN TARRAGON OVER BROWN RICE (1)
EUROPEAN BLEND VEGETABLES
TOSSED SALAD & DRESSING
MULTI-GRAIN DINNER ROLL & OLEO (2)
FRESH FRUIT (1)
FAT-FREE MILK (1)

(28)
BAKED CHICKEN SANDWICH (1)
ON A WHOLE WHEAT BUN (2)
LETTUCE & MAYO PACKETS
POTATO SOUP (1)
CARROT RAISIN SALAD (1)
FRESH FRUIT (2)
FAT-FREE MILK (1)